

WEEK 1

POWERBUILDING

2.0

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	1	2	82.5-87.5%	7	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	FRONT SQUAT [OR BOX SQUAT]	0	3	8	N/A	7	3-4 MIN					IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT
	BARBELL BENCH PRESS	4	1	4	80-85%	8.5	3-4MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	BARBELL BENCH PRESS	0	2	6	75-80%	7	1-2 MIN					SUBMAXIMAL BENCH PRESS, BE CRITICAL OF FORM
	WEIGHTED PULL-UP	1	3	4-6	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	GLUTE-HAM RAISE [OR NORDIC HAM CURL]	1	3	6-8	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION

FULL BODY 2	DEADLIFT	4	3	4	80%	7	3-5 MIN					TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS
	BARBELL OVERHEAD PRESS	3	4	5	75%	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	BULGARIAN SPLIT SQUAT	1	2 EACH	8-10	N/A	9	2-3 MIN					START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP
	MEADOWS ROW	1	4	12-15	N/A	8	2-3 MIN					BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM
	BARBELL OR EZ BAR CURL	1	3	8-10	N/A	8	1-2 MIN					USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE
	PEC FLYE	1	2	12-15	N/A	8	1-2 MIN					PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM

MANDATORY REST DAY

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	BACK SQUAT	4	1	6	75-80%	7	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	PIN SQUAT	0	2	4	70%	8	3-4 MIN					SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO
	BARBELL BENCH PRESS	4	1	1	87.5-92.5%	8	3-4 MIN					WORKING TOP SET, BUILD CONFIDENCE WITH HEAVIER LOADS
	BARBELL BENCH PRESS	0	1	5	80%	8	3-4 MIN					FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST
	BARBELL BENCH PRESS	0	1	10	65%	8	3-4 MIN					TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO"
	CHIN-UP	1	3	"AMRAP"	N/A	8	3-4 MIN					AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8
	SINGLE-LEG HIP THRUST	0	2	10-12 EACH	N/A	8	1-2 MIN					KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT
	CABLE REVERSE FLYE	0	4	12-15	N/A	8	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD!

FULL BODY 4	6" BLOCK PULL	4	2	6	90%	9	4-6 MIN					GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S.
	PAUSE DB INCLINE PRESS	3	4	6-8	N/A	8	3-4 MIN					3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN
	LEG CURL (CHOICE)	1	3	12-15	N/A	8	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	CHEST-SUPPORTED ROW	1	4	10-12	N/A	8	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	8	1-2 MIN					FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM
	EGYPTIAN LATERAL RAISE	1	4	8-10	N/A	8	1-2 MIN					LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.

FULL BODY 5 (PUMP DAY)	A1: HAMMER CURL	1	4	8-10	N/A	9	0 MIN					DO BOTH ARMS AT ONCE. USE A SMALL AMOUNT OF MOMENTUM, CONTROL THE ECCENTRIC
	A2: SINGLE-ARM OVERHEAD TRICEPS EXTENSION	1	4	10-12	N/A	9	1-2 MIN					CAN USE CABLE, BAND OR DUMBBELL. FOCUS ON STRETCHING THE TRICEPS, KEEP YOUR ELBOW LOCKED IN PLACE
	B1: CABLE CURL	0	3	20	N/A	8	0 MIN					TRADITIONAL CABLE CURL USING A BAR ATTACHMENT. KEEP THE CABLE IN MOTION, NO PAUSING AT THE BOTTOM OR TOP
	B2: CABLE TRICEPS KICKBACK	0	3	20	N/A	8	1-2 MIN					LEAN SLIGHTLY FORWARD, LOCK YOUR ELBOW BEHIND YOUR TORSO (SHOULDER HYPEREXTENSION)
	ENHANCED-ECCENTRIC CALF RAISE	1	3	8 EACH	N/A	8	1-2 MIN					DO THE CONCENTRIC WITH BOTH LEGS, THEN DO THE ECCENTRIC UNILATERALLY WITH A 3-SECOND LOWERING PHASE
	C1: PLATE SHRUG	0	3	15-20	N/A	8	0 MIN					BRIEF PAUSE AT THE TOP AND BOTTOM OF ROM. THINK ABOUT PULLING YOUR SHOULDERS UP TO YOUR EARS!
	C2: NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2 MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)

MANDATORY REST DAY

WEEK 2

POWERBUILDING

2.0

WEEK 3

POWERBUILDING

2.0

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	1	4	80-85%	7	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	FRONT SQUAT [OR BOX SQUAT]	0	3	8	N/A	7	3-4 MIN					IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT
	BARBELL BENCH PRESS	4	1	2	87.5-90%	8.5	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	BARBELL BENCH PRESS	0	2	4	80-85%	7	1-2 MIN					SUBMAXIMAL BENCH PRESS, BE CRITICAL OF FORM
	WEIGHTED PULL-UP	1	3	4-6	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	GLUTE-HAM RAISE [OR NORDIC HAM CURL]	1	3	6-8	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION

FULL BODY 2	DEADLIFT	4	3	5	80%	7	3-5 MIN					TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS
	BARBELL OVERHEAD PRESS	3	4	6	75%	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	BULGARIAN SPLIT SQUAT	1	2 EACH	8-10	N/A	9	2-3 MIN					START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP
	MEADOWS ROW	1	4	12-15	N/A	8	2-3 MIN					BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM
	BARBELL OR EZ BAR CURL	1	3	8-10	N/A	8	1-2 MIN					USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE
	PEC FLYE	1	2	12-15	N/A	8	1-2 MIN					PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM

MANDATORY REST DAY

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	BACK SQUAT	4	1	8	72.5-77.5%	7	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	PIN SQUAT	0	2	5	70%	8	3-4 MIN					SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO
	BARBELL BENCH PRESS	4	1	1	90-95%	8	3-4 MIN					WORKING TOP SET, GET COMFORTABLE WITH HEAVIER LOADS
	BARBELL BENCH PRESS	0	1	5	82.5%	8	3-4 MIN					FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST
	BARBELL BENCH PRESS	0	1	12	65%	8	3-4 MIN					TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO"
	CHIN-UP	1	3	"AMRAP"	N/A	8	3-4 MIN					AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8
	SINGLE-LEG HIP THRUST	0	2	10-12 EACH	N/A	8	1-2 MIN					KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT
	CABLE REVERSE FLYE	0	4	12-15	N/A	8	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD!

FULL BODY 4	4" BLOCK PULL	4	2	5	90%	9	4-6 MIN					GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S.
	PAUSE DB INCLINE PRESS	3	4	6-8	N/A	8	3-4 MIN					3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN
	LEG CURL (CHOICE)	1	3	12-15	N/A	8	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	CHEST-SUPPORTED ROW	1	4	10-12	N/A	8	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	8	1-2 MIN					FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM
	EGYPTIAN LATERAL RAISE	1	4	8-10	N/A	8	1-2 MIN					LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.

FULL BODY 5 (PUMP DAY)	A1: HAMMER CURL	1	4	8-10	N/A	9	0 MIN					USE A SMALL AMOUNT OF MOMENTUM, CONTROL THE ECCENTRIC
	A2: SINGLE-ARM OVERHEAD TRICEPS EXTENSION	1	4	10-12	N/A	9	1-2MIN					CAN USE CABLE, BAND OR DUMBBELL. FOCUS ON STRETCHING THE TRICEPS, KEEP YOUR ELBOW LOCKED IN PLACE
	B1: CABLE CURL	0	3	20	N/A	8	0 MIN					TRADITIONAL CABLE CURL USING A BAR ATTACHMENT. KEEP THE CABLE IN MOTION, NO PAUSING AT THE BOTTOM OR TOP
	B2: CABLE TRICEPS KICKBACK	0	3	20	N/A	8	1-2MIN					LEAN SLIGHTLY FORWARD, LOCK YOUR ELBOW BEHIND YOUR TORSO (SHOULDER HYPEREXTENSION)
	ENHANCED-ECCENTRIC CALF RAISE	1	3	8 EACH	N/A	8	1-2MIN					DO THE CONCENTRIC WITH BOTH LEGS, THEN DO THE ECCENTRIC UNILATERALLY WITH A 3-SECOND LOWERING PHASE
	C1: PLATE SHRUG	0	3	15-20	N/A	8	0 MIN					BRIEF PAUSE AT THE TOP AND BOTTOM OF ROM. THINK ABOUT PULLING YOUR SHOULDERS UP TO YOUR EARS!
	C2: NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)

MANDATORY REST DAY

WEEK 4

POWERBUILDING

2.0

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LEGS 2	RESET DEADLIFT	4	3	4	80-85%	8	3-5 MIN					STAND UP BETWEEN EACH REP TO WORK ON TECHNIQUE
	HACK SQUAT	2	3	12	N/A	8	3-4 MIN					ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS
	SINGLE-LEG HIP THRUST	2	2 EACH	10-12	N/A	9	2-3 MIN					CONTRACT YOUR GLUTES HARD AT THE TOP
	A1: GLUTE-HAM RAISE [OR NORDIC HAM CURL]	0	3	6-8	N/A	9	0 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	A2: PRISONER BACK EXTENSION	0	3	15-20	N/A	9	1-2 MIN					PLACE YOUR HANDS BEHIND YOUR HEAD AND SQUEEZE YOUR GLUTES TO STRAIGHEN YOUR HIPS
	UNILATERAL STANDING CALF RAISE	1	3	8-10	N/A	8	1-2 MIN					START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	L-SIT HOLD	0	3	15-25 SEC	N/A	8	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.

PUSH 2	BARBELL OVERHEAD PRESS	3	3	4	77.5-82.5%	8	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	CLOSE-GRIP BENCH PRESS	2	3	11	N/A	8	2-3 MIN					TUCK YOUR ELBOWS AGAINST YOUR SIDES MORE THAN YOU WOULD ON STANDARD GRIP BENCH PRESS
	PEC FLYE	1	3	12/20	N/A	9	2-3 MIN					PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. DROPSET ON LAST SET ONLY
	ROPE OVERHEAD TRICEPS EXTENSION	1	3	10(+3+3+3)	N/A	9	1-2 MIN					ON THE LAST SET ONLY: DO 10 REPS TO FAILURE. REST 3-4 SECONDS. DO ANOTHER 3 REPS. REST 2-3 SECONDS. DO ANOTHER 3 REPS. REST 2-3 SECONDS. DO ANOTHER 3 REPS.
	DUMBBELL LATERAL RAISE 21S	0	3	7/7/7	N/A	9	1-2 MIN					FIRST 7 REPS: TOP HALF OF ROM, MIDDLE 7 REPS: FULL ROM, LAST 7 REPS: BOTTOM HALF OF ROM
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	10/10	N/A	8	1-2 MIN					10 REPS FLEXION (FRONT OF NECK), 10 REPS EXTENSION (BACK OF NECK)

PULL 2	OMNI-GRIP LAT PULLDOWN	2	3	10-12	N/A	8	2-3 MIN					1 SET WIDE GRIP (OVERHAND), 1 SET MIDDLE GRIP (OVERHAND), 1 SET CLOSE GRIP (UNDERHAND)
	CHEST-SUPPORTED ROW	2	3	10-12	N/A	9	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					MIND MUSCLE CONNECTION WITH REAR DELTS ON SETS 1 AND 2 (SWEEP THE WEIGHT OUT). MIND MUSCLE CONNECTION WITH MID-TRAPS ON SETS 3 AND 4 (SQUEEZE SHOULDER BLADES HARD).
	A1: EZ BAR PRONATED CURL	0	3	10-12	N/A	9	0 MIN					PALMS FACE DOWN. SQUEEZE THE BAR WITH YOUR FINGERS AS HARD AS POSSIBLE
	A2: EZ BAR SUPINATED CURL	0	3	10+	N/A	10	1-2 MIN					PALMS FACE UP. KEEP THE BAR VERY LIGHT IN YOUR HANDS, ONLY CONTRACT YOUR BICEPS
	B1: REVERSE PEC DECK (PROTRACTED SCAPULAE)	0	2	12-15	N/A	9	0 MIN					ROUND SHOULDER BLADES FORWARD, SWING THE WEIGHT "OUT". MIND MUSCLE CONNECTION WITH REAR DELTS
	B2: REVERSE PEC DECK (ACTIVELY GO THROUGH A PROTRACTION/ RETRACTION ROM)	0	2	12-15	N/A	10	1-2 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AS YOU PULL THE WEIGHT "OUT AND BACK". MIND MUSCLE CONNECTION WITH MID-TRAPS

WEEK 5

POWERBUILDING

2.0

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	1	5	80-85%	8	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	FRONT SQUAT [OR BOX SQUAT]	0	3	8	N/A	7	3-4 MIN					IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT
	BARBELL BENCH PRESS	4	1	5	80-85%	8.5	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	BARBELL BENCH PRESS	0	2	2	80-85%	7	2-3 MIN					SUBMAXIMAL BENCH PRESS, BE CRITICAL OF FORM
	WEIGHTED PULL-UP	1	3	4-6	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	GLUTE-HAM RAISE [OR NORDIC HAM CURL]	1	3	6-8	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION

FULL BODY 2	DEADLIFT	4	2	5	82.5%	7	3-5 MIN					TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS
	BARBELL OVERHEAD PRESS	3	4	7	75%	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	BULGARIAN SPLIT SQUAT	1	2 EACH	8-10	N/A	9	2-3 MIN					START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP
	MEADOWS ROW	1	4	12-15	N/A	8	2-3 MIN					BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM
	BARBELL OR EZ BAR CURL	1	3	8-10	N/A	8	1-2 MIN					USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE
	PEC FLYE	1	2	12-15	N/A	8	1-2 MIN					PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM

MANDATORY REST DAY

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	BACK SQUAT	4	1	10	72.5-77.5%	7	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	PIN SQUAT	0	2	6	70%	8	3-4 MIN					SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO
	BARBELL BENCH PRESS	4	1	1	92.5-97.5%	8.5	3-4 MIN					WORKING TOP SET, GET COMFORTABLE WITH HEAVIER LOADS
	BARBELL BENCH PRESS	0	1	6	80%	8	3-4 MIN					FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST
	BARBELL BENCH PRESS	0	1	12	70%	8	3-4 MIN					TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO"
	CHIN-UP	1	3	"AMRAP"	N/A	8	3-4 MIN					AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8
	SINGLE-LEG HIP THRUST	0	2	10-12 EACH	N/A	8	1-2 MIN					KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT
	CABLE REVERSE FLYE	0	4	12-15	N/A	8	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD!

FULL BODY 4	2" BLOCK PULL	4	2	4	90%	9	4-6 MIN					GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S.
	PAUSE DB INCLINE PRESS	3	4	6-8	N/A	8	3-4 MIN					3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN
	LEG CURL (CHOICE)	1	3	12-15	N/A	8	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	CHEST-SUPPORTED ROW	1	4	10-12	N/A	8	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	8	1-2 MIN					FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM
	EGYPTIAN LATERAL RAISE	1	4	8-10	N/A	8	1-2 MIN					LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.

FULL BODY 5 (PUMP DAY)	A1: HAMMER CURL	1	4	8-10	N/A	9	0 MIN					USE A SMALL AMOUNT OF MOMENTUM, CONTROL THE ECCENTRIC
	A2: SINGLE-ARM OVERHEAD TRICEPS EXTENSION	1	4	10-12	N/A	9	1-2MIN					CAN USE CABLE, BAND OR DUMBBELL. FOCUS ON STRETCHING THE TRICEPS, KEEP YOUR ELBOW LOCKED IN PLACE
	B1: CABLE CURL	0	3	20	N/A	8	0 MIN					TRADITIONAL CABLE CURL USING A BAR ATTACHMENT. KEEP THE CABLE IN MOTION, NO PAUSING AT THE BOTTOM OR TOP
	B2: CABLE TRICEPS KICKBACK	0	3	20	N/A	8	1-2MIN					LEAN SLIGHTLY FORWARD, LOCK YOUR ELBOW BEHIND YOUR TORSO (SHOULDER HYPEREXTENSION)
	ENHANCED-ECCENTRIC CALF RAISE	1	3	8 EACH	N/A	8	1-2MIN					DO THE CONCENTRIC WITH BOTH LEGS, THEN DO THE ECCENTRIC UNILATERALLY WITH A 3-SECOND LOWERING PHASE
	C1: PLATE SHRUG	0	3	15-20	N/A	8	0 MIN					BRIEF PAUSE AT THE TOP AND BOTTOM OF ROM. THINK ABOUT PULLING YOUR SHOULDERS UP TO YOUR EARS!
	C2: NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2 MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)

MANDATORY REST DAY

WEEK 6

POWERBUILDING

2.0

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LEGS 2	RESET DEADLIFT	4	3	5	80-85%	8	3-5 MIN					STAND UP BETWEEN EACH REP TO WORK ON TECHNIQUE
	HACK SQUAT	2	3	12	N/A	8	3-4 MIN					ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS
	SINGLE-LEG HIP THRUST	2	2 EACH	10-12	N/A	9	2-3 MIN					CONTRACT YOUR GLUTES HARD AT THE TOP
	A1: GLUTE-HAM RAISE [OR NORDIC HAM CURL]	0	3	6-8	N/A	9	0 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	A2: PRISONER BACK EXTENSION	0	3	15-20	N/A	9	1-2 MIN					PLACE YOUR HANDS BEHIND YOUR HEAD AND SQUEEZE YOUR GLUTES TO STRAIGHEN YOUR HIPS
	UNILATERAL STANDING CALF RAISE	1	3	8-10	N/A	8	1-2 MIN					START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	L-SIT HOLD	0	3	20-30 SEC	N/A	8	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.

PUSH 2	BARBELL OVERHEAD PRESS	3	4	4	77.5-82.5%	8	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	CLOSE-GRIP BENCH PRESS	2	3	12	N/A	8	2-3 MIN					TUCK YOUR ELBOWS AGAINST YOUR SIDES MORE THAN YOU WOULD ON STANDARD GRIP BENCH PRESS
	PEC FLYE	1	3	12/20	N/A	9	2-3 MIN					PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. DROPSET ON LAST SET ONLY
	ROPE OVERHEAD TRICEPS EXTENSION	1	3	10(+3+3+3)	N/A	9	1-2 MIN					ON THE LAST SET ONLY: DO 10 REPS TO FAILURE. REST 3-4 SECONDS. DO ANOTHER 3 REPS. REST 2-3 SECONDS. DO ANOTHER 3 REPS. REST 2-3 SECONDS. DO ANOTHER 3 REPS.
	DUMBBELL LATERAL RAISE 21S	0	3	7/7/7	N/A	9	1-2 MIN					FIRST 7 REPS: TOP HALF OF ROM, MIDDLE 7 REPS: FULL ROM, LAST 7 REPS: BOTTOM HALF OF ROM
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	10/10	N/A	8	1-2 MIN					10 REPS FLEXION (FRONT OF NECK), 10 REPS EXTENSION (BACK OF NECK)

PULL 2	OMNI-GRIP LAT PULLDOWN	2	3	10-12	N/A	8	2-3 MIN					1 SET WIDE GRIP (OVERHAND), 1 SET MIDDLE GRIP (OVERHAND), 1 SET CLOSE GRIP (UNDERHAND)
	CHEST-SUPPORTED ROW	2	3	10-12	N/A	9	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					MIND MUSCLE CONNECTION WITH REAR DELTS ON SETS 1 AND 2 (SWEEP THE WEIGHT OUT). MIND MUSCLE CONNECTION WITH MID-TRAPS ON SETS 3 AND 4 (SQUEEZE SHOULDER BLADES HARD).
	A1: EZ BAR PRONATED CURL	0	3	10-12	N/A	9	0 MIN					PALMS FACE DOWN. SQUEEZE THE BAR WITH YOUR FINGERS AS HARD AS POSSIBLE
	A2: EZ BAR SUPINATED CURL	0	3	10+	N/A	10	1-2 MIN					PALMS FACE UP. KEEP THE BAR VERY LIGHT IN YOUR HANDS, ONLY CONTRACT YOUR BICEPS
	B1: REVERSE PEC DECK (PROTRACTED SCAPULAE)	0	2	12-15	N/A	9	0 MIN					ROUND SHOULDER BLADES FORWARD, SWING THE WEIGHT "OUT". MIND MUSCLE CONNECTION WITH REAR DELTS
	B2: REVERSE PEC DECK (ACTIVELY GO THROUGH A PROTRACTION/ RETRACTION ROM)	0	2	12-15	N/A	10	1-2 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AS YOU PULL THE WEIGHT "OUT AND BACK". MIND MUSCLE CONNECTION WITH MID-TRAPS

WEEK 7

POWERBUILDING

2.0

WEEK 7	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	FRONT SQUAT	3	3	8	N/A	7	3-4 MIN					TRY ADDING WEIGHT TO THE LOAD YOU USED IN WEEK 5
	PAUSE BARBELL BENCH PRESS	3	3	2	87.5%	8	3-4 MIN					GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 2-3 SECOND PAUSE
	WEIGHTED NEUTRAL-GRIP PULL-UP	3	4	4-6	N/A	8	2-3 MIN					PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	LEG CURL (CHOICE)	1	3	12-15	N/A	9	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	PRONE TRAP RAISE	1	3	12-15	N/A	8	1-2 MIN					THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS
	HANGING LEG RAISE	1	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
FULL BODY 4	1" BLOCK PULL	4	2	4	90%	9	4-6 MIN					THESE WILL FEEL HEAVY. ONLY DO 1 SET IF YOU'RE FEELING VERY FATIGUED FROM IT
	DIP	3	3	8-10	N/A	7	3-4 MIN					ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES.
	ONE-ARM ROW	1	3	10-12 EACH	N/A	8	2-3 MIN					CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM.
	TRICEPS PRESSDOWN 21S	1	3	7/7/7	N/A	8	1-2 MIN					FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM
	DB LATERAL RAISE	1	3	15-20	N/A	8	1-2 MIN					FOCUS ON CONTRACTING YOUR DELTS
FULL BODY 5 (PUMP DAY)	A1: ECCENTRIC-ACCENTUATED EZ BAR OR BARBELL CURL	1	4	8-10	N/A	9	0 MIN					CURL THE WEIGHT OUT IN FRONT OF YOU. USE A SLOW 3 SECOND LOWERING PHASE
	A2: ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	9	1-2 MIN					DO BOTH ARMS AT ONCE, RESIST THE NEGATIVE
	B1: CONCENTRATION CURL	1	4	12-15	N/A	9	0 MIN					KEEP YOUR FOREARM AS LOOSE AS POSSIBLE, FOCUS ON CONTRACTING YOUR BICEPS
	B2: DB LATERAL RAISE SWING	1	4	12-15	N/A	9	1-2 MIN					USE HEAVIER DUMBBELLS THAN NORMAL AND SWING THEM OUT WITH A PARTIAL ROM: HTTPS://YOUTU.BE/D4YWXJJVLJA?T=1167
	C1: STANDING CALF RAISE	0	3	12-15	N/A	8	0 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	C2: L-SIT HOLD	0	3	10-20 SEC	N/A	8	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2 MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)

MANDATORY REST DAY

WEEK 8

POWERBUILDING

2.0

SEMI-DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK TO PROMOTE RECOVERY AND PREPARE FOR THE NEXT 4 WEEKS!												
WEEK 8	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LEGS 1	PIN SQUAT	3	2	4	72.5%	8	3-4 MIN					SET THE PINS TO JUST ABOVE PARALLEL. USE YOUR STANDARD SQUAT 1RM.
	BARBELL RDL	2	2	8	N/A	6	3-4 MIN					EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING
	A1: SISSY SQUAT	1	2	10-12	N/A	8	0 MIN					OR LEG PRESS WITH LOW FOOT PLACEMENT. LET YOUR KNEES TRAVEL FORWARD. MIND MUSCLE CONNECTION WITH QUADS.
	A2: NORDIC HAM CURL	0	2	6-8	N/A	8	2-3MIN					KEEP YOUR HIPS AS STRAIGHT AS YOU CAN, CAN SUB FOR LYING LEG CURL
	UNILATERAL STANDING CALF RAISE	0	3	10-12 EACH	N/A	8	1-2MIN					START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	HIP ABDUCTION	0	3	12-15	N/A	9	1-2 MIN					MACHINE, BAND, OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	A1: CABLE CRUNCH (ABS)	0	3	12-15	N/A	8	0 MIN					SQUEEZE YOUR SIX PACK TO CRUNCH THE WEIGHT, DON'T YANK WITH YOUR HANDS
	A2: CABLE SHRUG-IN (TRAPS)	0	3	12-15	N/A	8	1-2 MIN					SET UP TWO CABLE HANDLES LOW AND SHRUG UP AND IN. SQUEEZE YOUR UPPER TRAPS TO MOVE THE WEIGHT: HTTPS://YOUTU.BE/C6SYJDFtUQ9?t=357
PUSH 1	LARSEN PRESS	3	3	10	N/A	7	3-4 MIN					SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. ZERO LEG DRIVE.
	MACHINE SHOULDER PRESS	2	3	12-15	N/A	8	2-3 MIN					DO SEATED DB ARNOLD PRESS IF NO MACHINE. PUSH THESE JUST SHY OF FAILURE, PRESS HARD
	CLOSE-GRIP INCLINE BARBELL BENCH PRESS	1	2	10-12	N/A	8	2-3 MIN					JUST OUTSIDE SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS IN SLIGHTLY MORE THAN USUAL
	TRICEPS PRESSDOWN	1	3	12-15	N/A	8	1-2 MIN					FOCUS ON CONTRACTING YOUR TRICEPS
	LATERAL RAISE (CHOICE)	0	3	15-20	N/A	9	1-2 MIN					CAN USE CABLE, DUMBBELL OR BANDS. USE WHAT YOU 'FEEL' THE MOST. STAY IN CONSTANT TENSION.
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)
PULL 1	CHEST-SUPPORTED ROW	1	3	10-12	N/A	8	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	SINGLE-ARM PULLDOWN	2	3	8-10 EACH	N/A	8	1-2 MIN					START WITH YOUR WEAKER SIDE, DRIVE ELBOWS DOWN AND ENGAGE LATS
	HELMS ROW	1	2	15-20	N/A	8	2-3 MIN					BE ULTRA STRICT WITH FORM, DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	BAYESIAN CURL	1	3	12-15	N/A	8	1-2 MIN					KEEP YOUR ARM BEHIND YOUR BODY THROUGHOUT THE SET
	INVERSE ZOTTMAN CURL	0	2	12-15	N/A	8	1-2 MIN					HAMMER CURL ON CONCENTRIC, SUPINATED CURL (PALMS UP) ON THE ECCENTRIC
	BAND PULL-APART	1	2	25-30	N/A	8	1-2 MIN					OR REVERSE PEC DECK. SWEEP THE WEIGHT OUT, MIND MUSCLE CONNECTION WITH REAR DELTS

WEEK 9

POWERBUILDING

2.0

WEEK 9	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	4	2	85-90%	8	3-4 MIN					MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR
	BARBELL BENCH PRESS	4	3	6	77.5%	8	1-2 MIN					SET UP A COMFORTABLE ARCH, QUICK PAUSE ON THE CHEST AND EXPLODE UP ON EACH REP
	WIDE-GRIP LAT PULLDOWN	1	4	6-8	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP. THINK ABOUT PULLING YOUR ELBOWS "DOWN" AND "IN"
	SLIDING LEG CURL	1	2	10-12	N/A	7	1-2 MIN					KEEP YOUR HIPS HIGH, THINK ABOUT "PULLING YOUR HEELS INTO YOUR HIPS"
	WALL SLIDE	0	3	15-20	N/A	7	1-2 MIN					DON'T USE WEIGHT. THESE WILL HELP WITH SHOULDER STABILITY. DON'T SKIP!
FULL BODY 2	OPPOSITE STANCE DEADLIFT	4	2	2	75%	3	3-5 MIN					IF YOU NORMALLY PERFORM DEADLIFTS SUMO, PERFORM CONVENTIONAL, AND VICE VERSA. USE YOUR OPPOSITE STANCE ESTIMATED MAX. HEAVY DEADLIFTS IN A COUPLE DAYS, SO GO LIGHTER ON THE WEIGHT
	BARBELL OVERHEAD PRESS	3	3	8	N/A	8	2-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	LEG PRESS	1	2	10-12	N/A	7	2-3 MIN					IF YOU LOW BAR SQUAT, USE A LOW FOOT PLACEMENT. IF YOU HIGH BAR SQUAT, USE A HIGH FOOT PLACEMENT
	SEATED CABLE ROW	1	3	10-12	N/A	9	2-3 MIN					FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK
	HAMMER CURL	1	3	15-20	N/A	9	1-2 MIN					GO HEAVY, USE A TINY BIT OF MOMENTUM
	BARBELL OR DUMBBELL ISOMETRIC HOLD (GRIP WORK)	1	2	20-30 SEC	N/A	8	1-2 MIN					DO AN ISOMETRIC HOLD WITH DUMBBELLS OR A BARBELL

MANDATORY REST DAY

WEEK 9	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	FRONT SQUAT	3	2	8	N/A	6	3-4 MIN					STAY LIGHT, KEEP YOUR TORSO UPRIGHT
	PAUSE BARBELL BENCH PRESS	3	3	2	90%	9	3-4 MIN					GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 2-3 SECOND PAUSE
	WEIGHTED NEUTRAL-GRIP PULL-UP	3	4	4-6	N/A	8	2-3 MIN					PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	LEG CURL (CHOICE)	1	3	12-15	N/A	9	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	PRONE TRAP RAISE	1	3	12-15	N/A	8	1-2 MIN					THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS
	HANGING LEG RAISE	1	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY

FULL BODY 4	DEADLIFT	4	1	AMRAP	90%	9	4-6 MIN					AIM FOR A PR FOR 3-6 REPS
	DIP	3	3	8-10	N/A	7	3-4 MIN					ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES.
	ONE-ARM ROW	1	3	10-12 EACH	N/A	8	2-3 MIN					CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM.
	TRICEPS PRESSDOWN 21S	1	3	7/7/7	N/A	8	1-2 MIN					FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM
	DB LATERAL RAISE	1	3	15-20	N/A	8	1-2 MIN					FOCUS ON CONTRACTING YOUR DELTS

FULL BODY 5 (PUMP DAY)	A1: ECCENTRIC-ACCENTUATED EZ BAR OR BARBELL CURL	1	4	8-10	N/A	9	0 MIN					CURL THE WEIGHT OUT IN FRONT OF YOU. USE A SLOW 3 SECOND LOWERING PHASE
	A2: ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	9	1-2MIN					DO BOTH ARMS AT ONCE, RESIST THE NEGATIVE
	B1: CONCENTRATION CURL	1	4	12-15	N/A	9	0 MIN					KEEP YOUR FOREARM AS LOOSE AS POSSIBLE, FOCUS ON CONTRACTING YOUR BICEPS
	B2: DB LATERAL RAISE SWING	1	4	12-15	N/A	9	1-2MIN					USE HEAVIER DUMBBELLS THAN NORMAL AND SWING THEM OUT WITH A PARTIAL ROM: HTTPS://YOUTU.BE/D4YWXJJVLJA?T=1167
	C1: STANDING CALF RAISE	0	3	12-15	N/A	8	0 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	C2: L-SIT HOLD	0	3	10-20 SEC	N/A	8	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2 MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)

MANDATORY REST DAY

WEEK 10

POWERBUILDING

2.0

WEEK 10	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LEGS 1	PIN SQUAT	3	2	5	72.5%	8	3-4 MIN					SET THE PINS TO JUST ABOVE PARALLEL
	BARBELL RDL	2	3	10	N/A	9	3-4 MIN					EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING
	A1: SISSY SQUAT	1	3	10-12	N/A	9	0 MIN					OR LEG PRESS WITH LOW FOOT PLACEMENT. LET YOUR KNEES TRAVEL FORWARD. MIND MUSCLE CONNECTION WITH QUADS.
	A2: NORDIC HAM CURL	0	3	6-8	N/A	9	2-3MIN					KEEP YOUR HIPS AS STRAIGHT AS YOU CAN, CAN SUB FOR LYING LEG CURL
	UNILATERAL STANDING CALF RAISE	0	3	10-12 EACH	N/A	8	1-2 MIN					START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	HIP ABDUCTION	0	3	12-15	N/A	10	1-2 MIN					MACHINE, BAND, OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	A1: CABLE CRUNCH (ABS)	0	3	12-15	N/A	8	0 MIN					SQUEEZE YOUR SIX PACK TO CRUNCH THE WEIGHT, DON'T YANK WITH YOUR HANDS
	A2: CABLE SHRUG-IN (TRAPS)	0	3	12-15	N/A	8	1-2 MIN					SET UP TWO CABLE HANDLES LOW AND SHRUG UP AND IN. SQUEEZE YOUR UPPER TRAPS TO MOVE THE WEIGHT: HTTPS://YOUTU.BE/C6SYJDFUQ9I?T=357
PUSH 1	LARSEN PRESS	3	4	10	N/A	7	3-4 MIN					SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. ZERO LEG DRIVE.
	MACHINE SHOULDER PRESS	2	3	12-15	N/A	9	2-3 MIN					DO SEATED DB ARNOLD PRESS IF NO MACHINE. PUSH THESE JUST SHY OF FAILURE, PRESS HARD
	CLOSE-GRIP INCLINE BARBELL BENCH PRESS	1	3	10-12	N/A	8	2-3 MIN					JUST OUTSIDE SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS IN SLIGHTLY MORE THAN USUAL
	TRICEPS PRESSDOWN	1	4	12-15	N/A	9	1-2 MIN					FOCUS ON CONTRACTING YOUR TRICEPS
	LATERAL RAISE (CHOICE)	0	4	15-20	N/A	10	1-2 MIN					CAN USE CABLE, DUMBBELL OR BANDS. USE WHAT YOU 'FEEL' THE MOST. STAY IN CONSTANT TENSION.
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2 MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)
PULL 1	CHEST-SUPPORTED ROW	1	4	10-12	N/A	9	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	SINGLE-ARM PULLDOWN	2	4	8-10 EACH	N/A	9	1-2 MIN					START WITH YOUR WEAKER SIDE
	HELMS ROW	1	3	15-20	N/A	9	2-3 MIN					BE ULTRA STRICT WITH FORM, DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	BAYESIAN CURL	1	3	12-15	N/A	9	1-2 MIN					KEEP YOUR ARM BEHIND YOUR BODY THROUGHOUT THE SET
	INVERSE ZOTTMAN CURL	0	2	12-15	N/A	9	1-2 MIN					HAMMER CURL ON CONCENTRIC, SUPINATED CURL (PALMS UP) ON THE ECCENTRIC
	BAND PULL-APART	1	2	25-30	N/A	9	1-2 MIN					OR REVERSE PEC DECK. SWEEP THE WEIGHT OUT, MIND MUSCLE CONNECTION WITH REAR DELTS

WEEK 11

POWERBUILDING

2.0

WEEK 11	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	FRONT SQUAT	3	2	8	N/A	6	3-4 MIN					STAY LIGHT, KEEP YOUR TORSO UPRIGHT
	PAUSE BARBELL BENCH PRESS	3	3	1	92.5%	9	3-4 MIN					GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 1-2 SECOND PAUSE
	WEIGHTED NEUTRAL-GRIP PULL-UP	3	4	4-6	N/A	8	2-3 MIN					PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	LEG CURL (CHOICE)	1	3	12-15	N/A	9	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	PRONE TRAP RAISE	1	3	12-15	N/A	8	1-2 MIN					THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS
	HANGING LEG RAISE	1	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY

FULL BODY 4	DEADLIFT	4	3	3	85%	8	4-6 MIN					PULL THE SLACK OUT OF THE BAR BEFORE LIFTING, TAKE YOUR TIME WITH THE SET UP
	DIP	3	3	8-10	N/A	7	3-4 MIN					ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES.
	ONE-ARM ROW	1	3	10-12 EACH	N/A	8	2-3 MIN					CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM.
	TRICEPS PRESSDOWN 21S	1	3	7/7/7	N/A	8	1-2 MIN					FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM
	DB LATERAL RAISE	1	3	15-20	N/A	8	1-2 MIN					FOCUS ON CONTRACTING YOUR DELTS

FULL BODY 5 (PUMP DAY)	A1: ECCENTRIC-ACCENTUATED EZ BAR OR BARBELL CURL	1	4	8-10	N/A	9	0 MIN					CURL THE WEIGHT OUT IN FRONT OF YOU. USE A SLOW 3 SECOND LOWERING PHASE
	A2: ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	9	1-2 MIN					DO BOTH ARMS AT ONCE, RESIST THE NEGATIVE
	B1: CONCENTRATION CURL	1	4	12-15	N/A	9	0 MIN					KEEP YOUR FOREARM AS LOOSE AS POSSIBLE, FOCUS ON CONTRACTING YOUR BICEPS
	B2: DB LATERAL RAISE SWING	1	4	12-15	N/A	9	1-2 MIN					USE HEAVIER DUMBBELLS THAN NORMAL AND SWING THEM OUT WITH A PARTIAL ROM: HTTPS://YOUTU.BE/D4YWXJJVLA?t=1167
	C1: STANDING CALF RAISE	0	3	12-15	N/A	8	0 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	C2: L-SIT HOLD	0	3	10-20 SEC	N/A	8	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2 MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)

MANDATORY REST DAY

WEEK 12

POWERBUILDING

2.0

WEEK 12	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LEGS 1	PIN SQUAT	3	2	6	72.5%	8	3-4 MIN					SET THE PINS TO JUST ABOVE PARALLEL
	BARBELL RDL	2	3	12	N/A	9	3-4 MIN					EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING
	A1: SISSY SQUAT	1	3	10-12	N/A	9	0 MIN					OR LEG PRESS WITH LOW FOOT PLACEMENT. LET YOUR KNEES TRAVEL FORWARD. MIND MUSCLE CONNECTION WITH QUADS.
	A2: NORDIC HAM CURL	0	3	6-8	N/A	9	2-3 MIN					KEEP YOUR HIPS AS STRAIGHT AS YOU CAN, CAN SUB FOR LYING LEG CURL
	UNILATERAL STANDING CALF RAISE	0	3	10-12 EACH	N/A	8	1-2 MIN					START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	HIP ABDUCTION	0	3	12-15	N/A	10	1-2 MIN					MACHINE, BAND, OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	A1: CABLE CRUNCH (ABS)	0	3	12-15	N/A	8	0 MIN					SQUEEZE YOUR SIX PACK TO CRUNCH THE WEIGHT, DON'T YANK WITH YOUR HANDS
	A2: CABLE SHRUG-IN (TRAPS)	0	3	12-15	N/A	8	1-2 MIN					SET UP TWO CABLE HANDLES LOW AND SHRUG UP AND IN. SQUEEZE YOUR UPPER TRAPS TO MOVE THE WEIGHT: HTTPS://YOUTU.BE/C6SYJDFUQ9l?T=357

PUSH 1	BARBELL BENCH PRESS (RPE 9.5 AMRAP)	3	1	AMRAP	85%	9-9.5	3-4 MIN					DO AS MANY REPS AS POSSIBLE TO AN RPE 9-9.5. DON'T ACTUALLY FAIL. USE A SPOTTER
	BARBELL BENCH PRESS (BACK OFF)	0	2	10	N/A	7	3-4 MIN					GO LIGHTER, FLARE YOUR ELBOWS SLIGHTLY MORE THAN NORMAL
	MACHINE SHOULDER PRESS	2	3	12-15	N/A	9	2-3 MIN					DO SEATED DB ARNOLD PRESS IF NO MACHINE. PUSH THESE JUST SHY OF FAILURE, PRESS HARD
	CLOSE-GRIP INCLINE BARBELL BENCH PRESS	1	3	10-12	N/A	8	2-3 MIN					JUST OUTSIDE SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS IN SLIGHTLY MORE THAN USUAL
	TRICEPS PRESSDOWN	1	4	12-15	N/A	9	1-2 MIN					FOCUS ON CONTRACTING YOUR TRICEPS
	LATERAL RAISE (CHOICE)	0	4	15-20	N/A	10	1-2 MIN					CAN USE CABLE, DUMBBELL OR BANDS. USE WHAT YOU 'FEEL' THE MOST. STAY IN CONSTANT TENSION.
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2 MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)

PULL 1	CHEST-SUPPORTED ROW	1	4	10-12	N/A	9	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	SINGLE-ARM PULLDOWN	2	4	8-10 EACH	N/A	9	1-2 MIN					START WITH YOUR WEAKER SIDE
	HELMS ROW	1	3	15-20	N/A	9	2-3 MIN					BE ULTRA STRICT WITH FORM, DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	BAYESIAN CURL	1	3	12-15	N/A	9	1-2 MIN					KEEP YOUR ARM BEHIND YOUR BODY THROUGHOUT THE SET
	INVERSE ZOTTMAN CURL	0	2	12-15	N/A	9	1-2 MIN					HAMMER CURL ON CONCENTRIC, SUPINATED CURL (PALMS UP) ON THE ECCENTRIC
	BAND PULL-APART	1	2	25-30	N/A	9	1-2 MIN					OR REVERSE PEC DECK. SWEEP THE WEIGHT OUT, MIND MUSCLE CONNECTION WITH REAR DELTS

WEEK 12	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LEGS 2	DEADLIFT	3	2	6	75-82.5%	7	3-4 MIN					PULL THE SLACK OUT OF THE BAR BEFORE LIFTING, TAKE YOUR TIME WITH THE SET UP
	HACK SQUAT	2	3	12	N/A	8	2-3 MIN					ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS
	CABLE PULL-THROUGH	1	3	12-15	N/A	8	1-2 MIN					CONTRACT YOUR GLUTES HARD AT THE TOP, DON'T ALLOW YOUR LOWER BACK TO ROUND
	LEG EXTENSION	0	2	15/10	N/A	10	1-2 MIN					DROPSET. DO 15 REPS, DROP THE WEIGHT UP TO 50%, DO ANOTHER 10 REPS.
	UNILATERAL LEG CURL (CHOICE)	0	3	10-12 EACH	N/A	8	1-2 MIN					CAN PERFORM SEATED OR LYING. FOCUS ON CONTRACTING YOUR HAMSTRINGS
	STANDING CALF RAISE	0	3	10-12	N/A	8	1-2 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	L-SIT HOLD	0	3	20-30 SEC	N/A	7	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.

PUSH 2	BARBELL OVERHEAD PRESS	3	4	6	N/A	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	DEFICIT PUSH-UP	2	2	AMRAP	N/A	9	2-3 MIN					4" DEFICIT. SINK YOUR CHEST DEEP. BEAT YOUR REPS FROM LAST WEEK.
	MULTI-HEIGHT CABLE CROSSOVER	1	3	12-15	N/A	9	1-2 MIN					DO ONE SET WITH LOW CABLE POSITION, ONE SET WITH MEDIUM-HEIGHT CABLE POSITION, ONE SET AT HIGH CABLE POSITION
	EGYPTIAN LATERAL RAISE	1	3	12-15	N/A	9	1-2 MIN					LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.
	CABLE TRICEPS KICKBACK	0	3	20-25	N/A	8	1-2 MIN					LEAN SLIGHTLY FORWARD, LOCK YOUR ELBOW BEHIND YOUR TORSO (SHOULDER HYPEREXTENSION)
	DUMBBELL LATERAL RAISE ISO-HOLD	0	2	45 SEC	N/A	8	1-2 MIN					HOLD THE DUMBBELL WITH YOUR ARMS PARALLEL TO THE FLOOR FOR THE TIME SPECIFIED

PULL 2	WEIGHTED ECCENTRIC-OVERLOAD PULL-UP	2	1	5	N/A	9	N/A					JUMP UP TO ASSIST WITH THE POSITIVE OR USE A PARTNER TO HELP YOU ON THE POSITIVE, THEN CONTROL THE NEGATIVE FOR 5 SECONDS.
	ECCENTRIC-ACCENTUATED PULL-UP	0	2	6-8	N/A	9	2-3 MIN					3-SECOND LOWERING PHASE. USE ASSISTANCE/RESISTANCE AS NEEDED
	PENDLAY ROW / BENT OVER ROW	0	3	5/10	N/A	9	1-2 MIN					FIRST 5 REPS: VERY STRICT PENDLAY ROWS. FINAL 10 REPS: "CHEAT" BARBELL BENT OVER ROWS (USE CONTROLLED MOMENTUM AND PULL TO STOMACH)
	MACHINE "STRICT FORM" ROW	1	3	12-15	N/A	8	1-2 MIN					DRIVE ELBOWS DOWN AND ENGAGE LATS. TRY TO KEEP YOUR BICEPS OUT BY KEEPING YOUR ELBOW MORE STRAIGHT THAN USUAL.
	CABLE REVERSE FLYE	0	3	15-20	N/A	9	1-2 MIN					PULL YOUR ELBOWS OUT AND BACK. MIND MUSCLE CONNECTION WITH REAR DELTS
	BARBELL OR EZ BAR CURL	2	3	10-12	N/A	9	1-2 MIN					FOCUS ON CONTRACTING YOUR BICEPS, MINIMIZE TORSO MOMENTUM
	PINCH GRIP CURL	0	2	15-20	N/A	8	1-2 MIN					PINCH THE END CAP OF A DUMBBELL WITH YOUR HAND OPEN, THEN CURL THE WEIGHT UP

THERE IS NO FORMAL MAX TEST AT THE END OF THIS PROGRAM. POWERBUILDING PHASE 3 WILL BEGIN WITH AN INTRO/DELOAD WEEK AND WILL END WITH A FINAL MAX TEST FOR THE BIG 3 LIFTS.

MANDATORY REST DAY